



Grant County Health Department
111 South Jefferson Street Floor 2
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COMMUNITY EDITION

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Bedbug Prevention

What are bed bugs?

Bed bugs are small, flat insects that feed on the blood of people and animals while they sleep. Bed bugs are reddish-brown in color, wingless, range from 1mm to 7mm (roughly the size of Lincoln's head on a penny), and can live several months without a blood meal.

They hide during the day in places such as seams of mattresses, box springs, bed frames, headboards, dresser tables, inside cracks or crevices, behind wallpaper, or any other clutter or objects around a bed.

How do I know if I have bed bugs?

These signs include:

- Bite marks on the face, neck, arms, hands, or any other body parts while sleeping.
- the bed bugs' exoskeletons after molting,
- bed bugs in the fold of mattresses and sheets,
- rusty-colored blood spots
- a sweet musty odor.



How do I know if I've been bitten by a bed bug?

Most people do not realize they have been bitten until bite marks appear anywhere from one to several days after the initial bite. The bite marks are similar to that of a mosquito or a flea -- a slightly swollen and red area that may itch and be irritating. Some people may have no reaction.

Prevention

The following bedbug prevention tips will help you reduce your risk of bedbugs:

- Wash all bedding regularly in hot water (at least 120 degrees F).
- Vacuum floors regularly. Vacuum your mattress and your baseboards.
- Use a plastic cover over your mattress. Bedbugs can't hide on the plastic cover.
- If you purchase used furniture, examine it for bed bugs. Pay special attention to used mattresses and bed frames.
- Check your own bed for bedbugs from time to time. Catching them early will make bedbug treatment easier if bedbugs do occur.
- When traveling, inspect hotel rooms carefully. Do not place luggage on the floor.

Treatment

As bedbugs are difficult to get rid of, we would recommend calling an exterminator to assist you. The exterminator will help you identify and treat the infected areas.

*The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.*

Chickenpox (Varicella) Vaccine

Due to Varicella (chickenpox) changes in shipping and storage requirements, if your child needs chickenpox vaccine it is best to come directly to the Health Dept during normal business hours or call 723-6416 to ensure that a dose will be available for your child at a particular clinic.

Get Ready for Kindergarten!

Kindergarten is an exciting time for children and parents. It is also time for children to receive booster shots. The State of Wisconsin requires the following boosters for kindergarten entrance. They are:

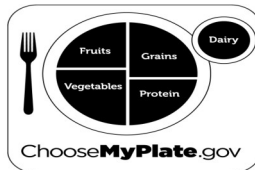
DTaP #5
Polio #4
MMR #2
Chickenpox/Varicella #2
(Or history of disease)



The Grant County Health Department provides the immunizations for free, or check with your doctor's office. Please send the immunization dates to your child's school after receiving his/her booster shots.

MyPyramid Changes

The USDA has changed "MyPyramid" to "ChooseMyPlate."



Dietitians and nutrition educators have been waiting for months for a new icon. The new icon has a simple, but important message, we need foods from all five food groups at our meals AND half our plate should be fruits and vegetables.

Unlike the MyPyramid icon that tried to convey many specific messages, this new icon is to remind us about healthy eating.

There are lots of interesting programs on the ChooseMyPlate.gov web site. You can find interactive tools to analyze your diet and exercise, plan your diet, plan your child's diet, and compare calories and nutrition between two foods. Many of these activities will be rolled over to a new website planned to debut this fall.

For more information on healthy eating, contact Grant County's UW-Extension Nutrition Education Program at 723-2125.



Immunization Clinics

August 8th—Platteville United Methodist Church from 5:00pm to 6:00pm

August 9th—Muscodia Kratochwill Bldg. 3:45pm to 4:15pm

August 9th—Fennimore St. Peters Lutheran Church from 5:00pm to 5:30pm

August 10th—Hazel Green Methodist Devotional Center from 4:00pm to 4:30pm

August 10th—Cuba City—City Hall from 5:00pm to 5:30pm

August 10th—Dickeyville New Fire Station from 6:00pm to 6:30pm

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Aug 2nd—Potosi New Fire Station from 9:00am to 12:30pm

Aug 3rd—Muscodia Kratochwill Bldg from 9:30am to 3:30pm

Aug 4th—Platteville Peace Lutheran Church from 9:00am to 3:30pm

Aug 9th—Boscobel United Methodist Church from 9:00am to 3:30pm

Aug 10th—Fennimore United Methodist Church from 9:00am to 3:30pm

Aug 16th—Cuba City St Rose Catholic Church from 9:30am to 3:30pm

Aug 18th—Platteville Peace Lutheran Church from 1:00pm to 7:00pm

Aug 23rd—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

Websites

Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County Services.

Visit the Wisconsin Immunization Registry (WIR) website at www.dhfs.wi.gov for information on your immunizations.

WILD PARSNIPS

Wild parsnip is an invasive plant species that was brought to America over one hundred years ago. It grows three to four feet in height and produces hundreds of little yellow flowers.

Wild parsnip is one of a few, unique plants that can cause phyto-photo-dermatitis. What this means is that chemicals in the juices of this plant with the help of ultraviolet light can burn your skin. These chemicals are found in the green leaves, stems and fruits of wild parsnip. When the chemicals in the plant are absorbed by your skin, they're energized by ultraviolet light, causing a breakdown of cells and skin tissue. This leaves you with a red, sunburn-like area. (Don't think you're safe on a cloudy day - you can still get burned since ultraviolet light is present even on cloudy days.) Once exposed, your skin will turn red within 24 to 48 hours. In many cases, after the skin reddens, blisters appear--some of them pretty big. Sometimes the area that was burned takes on a dark red or brown discoloration that can last for as long as 2 years.

If you have been in contact with this plant, and blisters have formed, keep the area clean, apply cool wet compresses and try not to pop the blisters. The blister actually protects the skin by keeping it moist and clean while the area heals. Be sure to consult your medical provider if there is extensive blistering.

To avoid exposure keep skin covered by wearing gloves, long pants and long-sleeved shirts. Planning activities for the early evening will minimize sunlight. If exposed to the plant juice, wash the contaminated areas thoroughly as soon as possible.



Parenting Classes

Family Connections offers Parenting Classes in both Lancaster and Platteville. All of the parenting classes are 8 hours of instruction. Cost per class is \$60.00 per 8 hour class, minimum of 6 participants per class. All participants must pre-register at 1-800-267-1018 or 608-723-3400.

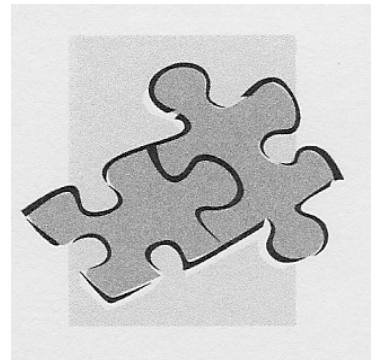
Saturday classes meet from 8:30am to 4:30 pm with a half hour lunch.

Evening classes meet from 6:00pm to 8:00pm for 4 evenings.

The Lancaster Office is located at 1015 S Madison Street in Lancaster and the Platteville Office is located at 1065 Lancaster Street in Platteville.

Saturday Classes: Lancaster Office—September 17th 8:30am to 4:30pm
Platteville Office—October 29th 8:30am to 4:30pm
Lancaster Office—November 12th 8:30am to 4:30pm

Evening Classes: Lancaster Office—September 13th-15th-20th-22nd 6:00pm to 8:00pm
Platteville Office—October 11th-13th-18th-20th 6:00pm to 8:00pm
Lancaster Office—November 8th-10th-15th-17th 6:00pm to 8:00pm



What is ACCESS?

Access is a website that is a quick and easy way for people who live in Wisconsin to find out if they might be able to get:



- ✓ Help with buying food
- ✓ Help with buying prescription drugs
- ✓ Special tax credits
- ✓ Low- or no-cost health care
- ✓ Home energy assistance

The website will take you about 15 minutes to use. They'll ask you about the people in your home, the money you get from a job or other places, your housing costs and a few other bills. What you tell them will stay private and secure.

When you're finished, they'll tell you if you might be able to get help through programs like Food-Share, BadgerCare Plus, Medicaid, SeniorCare, Medicare Part D, WIC, The Emergency Food Assistance Program, and the Wisconsin Home Energy Assistance Program. If there are children in your home, we'll also look to see if they may be able to get meals at school or during the summer. And they'll look to see if you might be able to get tax credits for people with lower incomes.

Please keep in mind that this website is just a test to see if you *might* be able to get benefits. You'll have to apply for these programs to get a final decision about benefits, but the website lets you know how to do that. Ready to get started? The website is <https://access.wisconsin.gov/>.



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